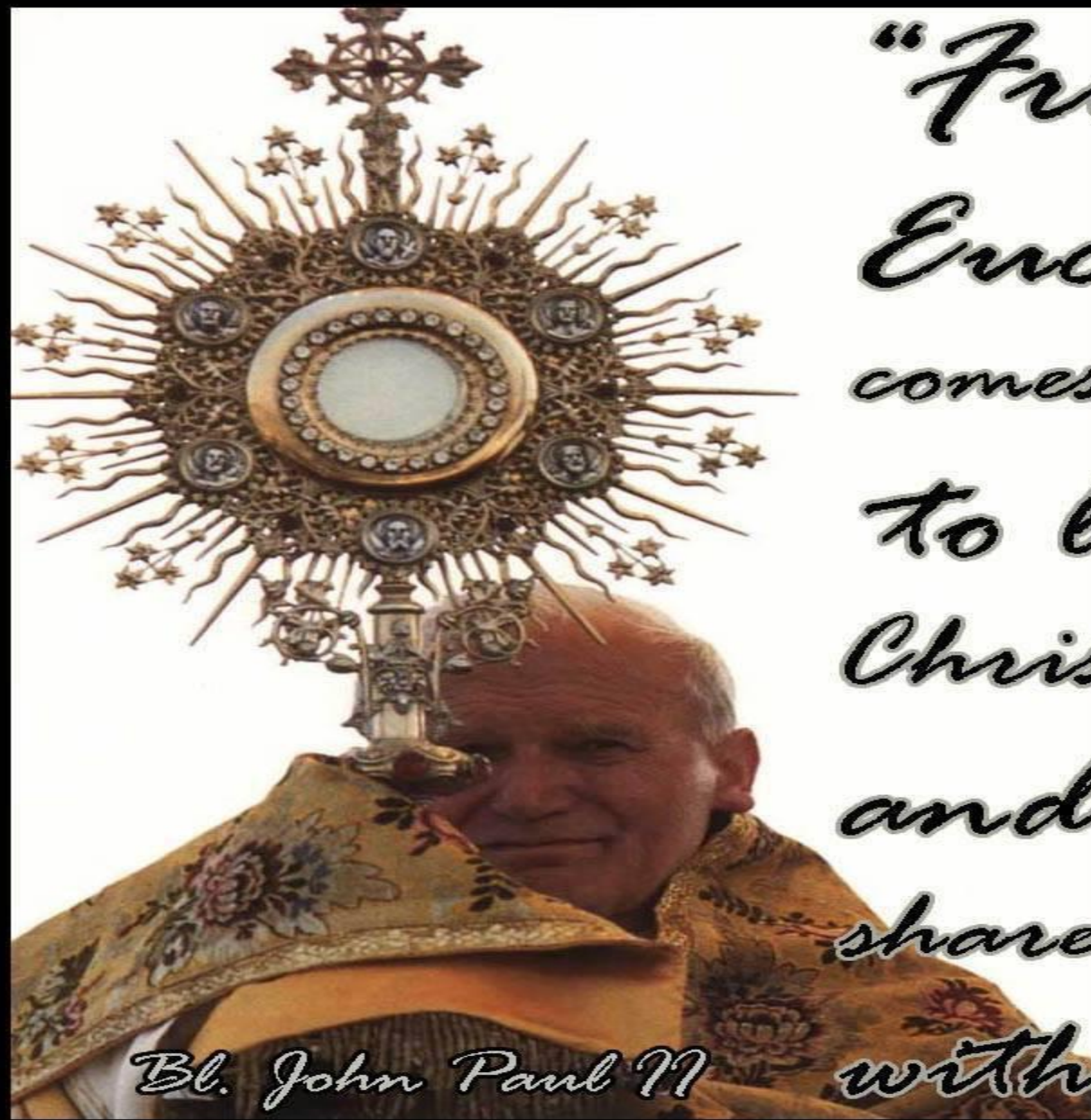


# Frequent Reception of the Sacraments

- Faithfully attend Mass and Holy Days
- Sacraments are encounters with Christ and the opportunity to receive the graces we need for the journey
- Eucharist
  - “Source and Summit” of our faith—“Food for the Journey”
  - Thanksgiving after Communion
  - Adoration
  - Visits to the Blessed Sacrament



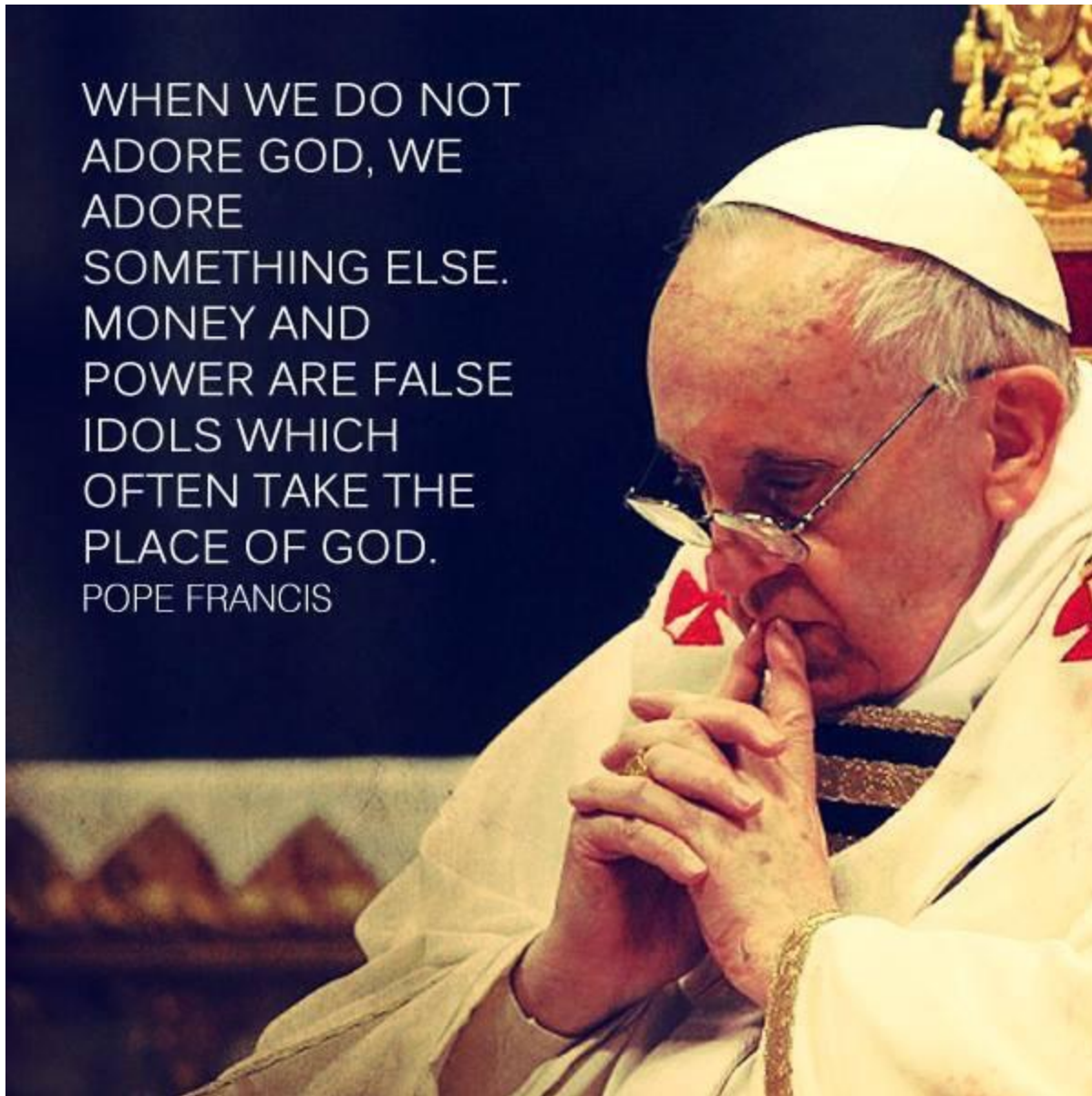
*"From the  
Eucharist  
comes strength  
to live the  
Christian life  
and zeal to  
share that life  
with others"*

*Bl. John Paul II*

# Frequent Reception of the Sacraments

- Reconciliation
  - Forgiveness and Healing
  - **Use a Daily Examen**
    - to grow in awareness of and identify our predominant (root) sins
  - Go frequently
    - Why? Because in the Sacrament of Reconciliation we receive the graces we need to face and resist the temptation of the very sins we confess!

WHEN WE DO NOT  
ADORE GOD, WE  
ADORE  
SOMETHING ELSE.  
MONEY AND  
POWER ARE FALSE  
IDOLS WHICH  
OFTEN TAKE THE  
PLACE OF GOD.  
POPE FRANCIS



# Pope Francis counsels us...

“Repentance is the call to change one’s life. Conversion is not the question of a moment, or of a time of the year, it is an undertaking that lasts one’s lifetime...

...The Way of the Cross is the way of life. Our culture attaches value only to what is pleasing or beautiful, and would like us to believe that it is necessary to remove the cross in order to be happy. The ideal presented is instant success, a fast career, sexuality separated from any sense of responsibility, and ultimately, an existence centered on self-affirmation, often bereft of respect for others. This is not the road that leads to true life, but is the path that sinks into death. Although it sounds hard, it fills the heart with peace and is the secret to living a true life.”

--Homily, March 23, 2014



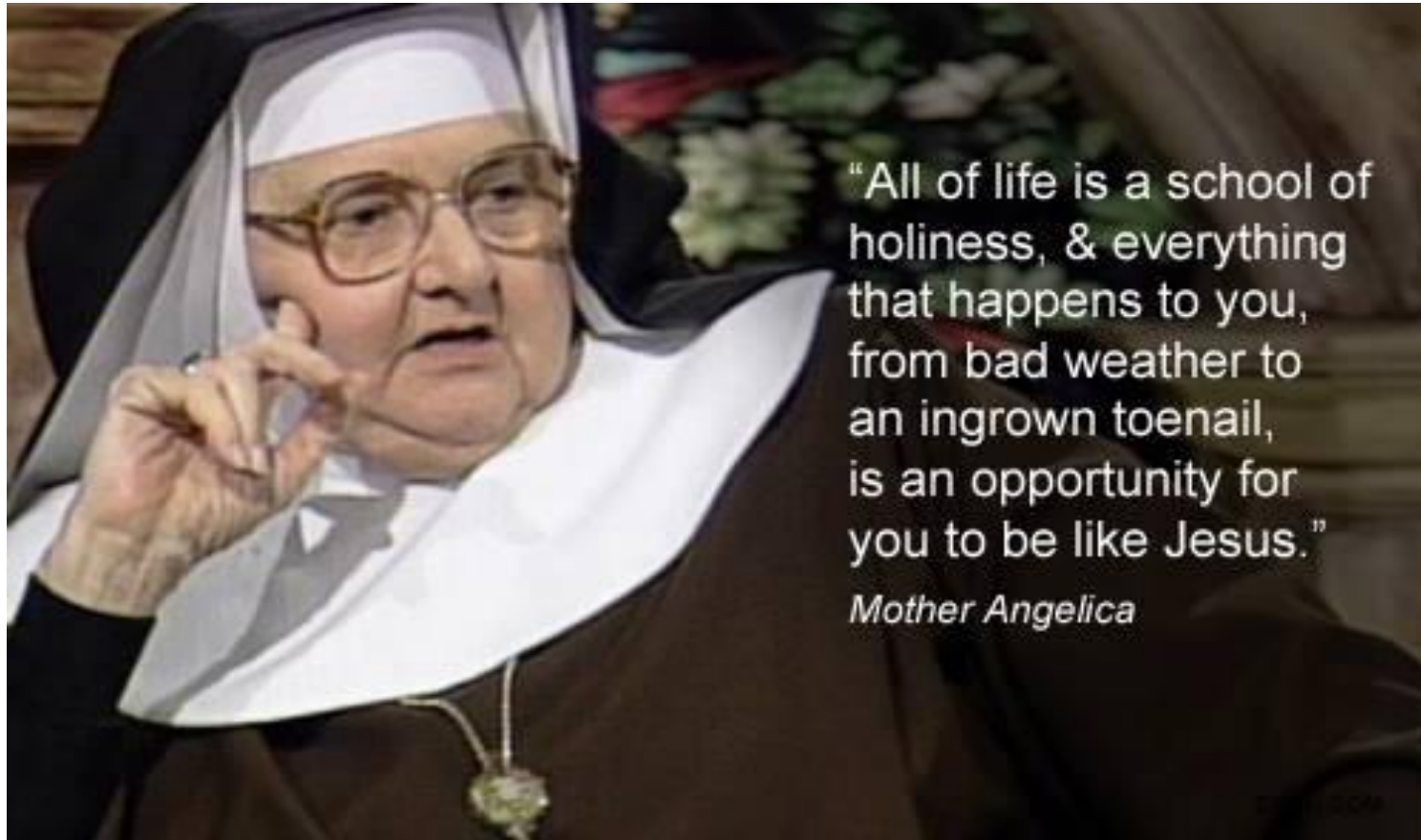


*The Catholic Gentleman*

Holiness does not consist in not making mistakes or **never sinning**. Holiness grows with capacity for **conversion, repentance**, willingness to **begin again**, and above all with the capacity for **reconciliation** and **forgiveness**.

**- POPE BENEDICT XVI -**

# Living and Growing in a Life of Virtue



# Examples of Growing Daily in Virtue

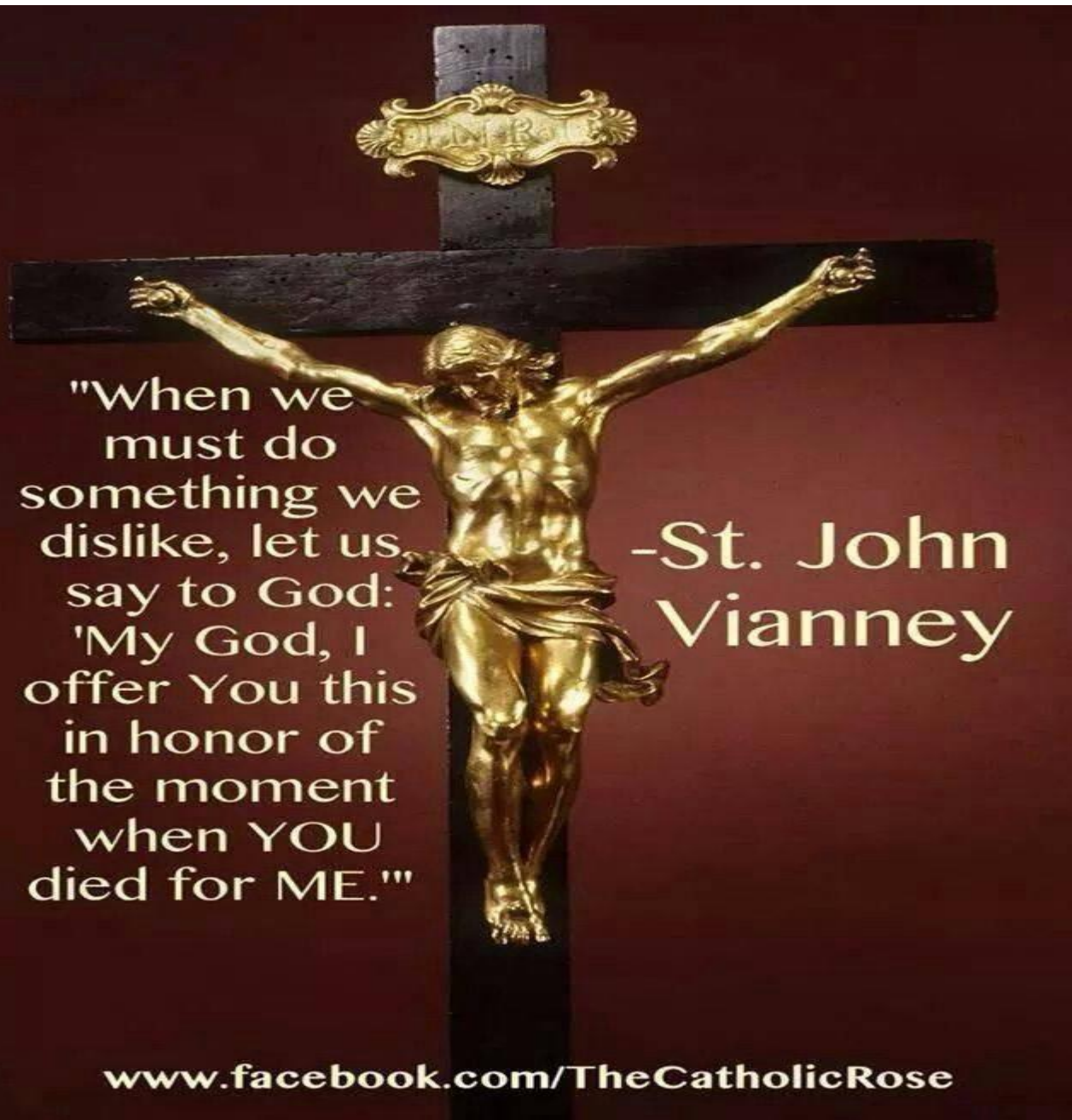
- Morning Offering
- Invoke our Guardian Angel
- “Heroic Minute”
- Visits to the Blessed Sacrament
- Attend diligently and faithfully to our Daily Duties—meditation, daily prayers, working, eating, sleeping and *suffering* (sacrifice)
- Growth in Knowledge of oneself (vices, temperaments, virtues)
- Develop and follow a Rule of Life



# Pope Francis in *Evangelium Gaudium*

“We may be sure that none of our acts of love will be lost, nor any acts of sincere concern for others. No single act of love for God will be lost, generous effort is not meaningless, no painful endurance is wasted...

...It may be that the Lord uses our sacrifices to shower blessings in another part of the world which we will never visit. The Holy Spirit works as he wills, when he wills, and where he wills; we entrust ourselves without pretending to see striking results. We know only that our commitment is necessary.”

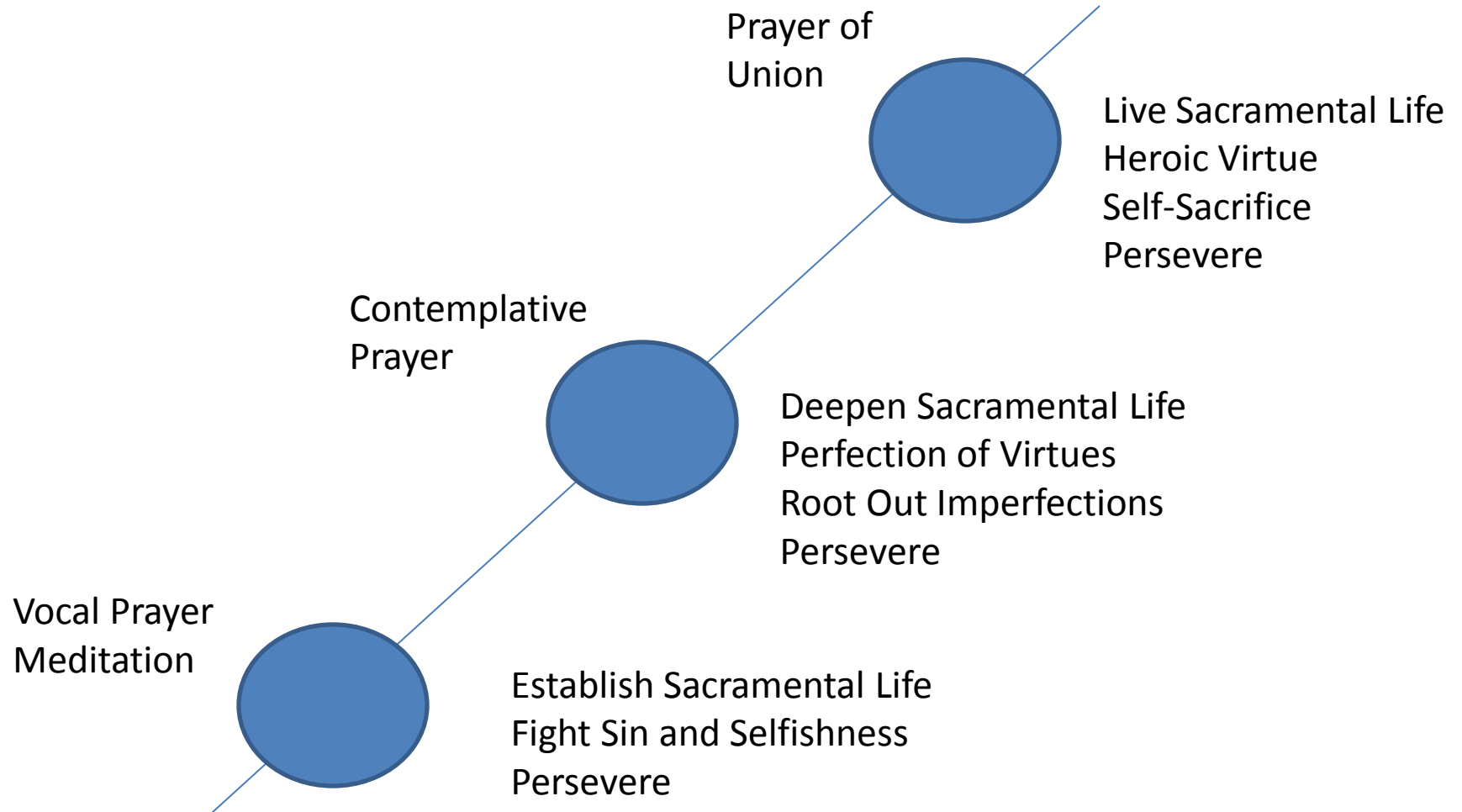


"When we must do something we dislike, let us say to God: 'My God, I offer You this in honor of the moment when YOU died for ME.'"

-St. John Vianney

[www.facebook.com/TheCatholicRose](http://www.facebook.com/TheCatholicRose)

# RELATIONSHIP BETWEEN DEEPENING PRAYER AND GROWTH IN VIRTUE





RELYING ON GOD  
HAS TO BEGIN  
ALL OVER AGAIN  
EVERY DAY AS IF  
NOTHING HAD  
YET BEEN DONE.

- C.S. LEWIS



**GOD IS USING YOUR  
PRESENT CIRCUMSTANCES  
TO MAKE YOU MORE  
USEFUL FOR LATER  
ROLES IN HIS  
UNFOLDING STORY.**

**LOUIE GIGLIO**